



CARE PROGRAM
COLORADO STATE UNIVERSITY

Newsletter

September 2019

The CARE program connects and refers CSU employees to local health and social services resources. For more information about these or other resources in the community, please visit the CARE website at www.care.colostate.edu or contact Emma Chavez, Community Resources Coordinator, at emma.chavez@colostate.edu



Family Fun Fair

Play, learn, and enjoy at the Family Fun Fair Community Event! Join the Be Ready School Readiness team for a day of family fun at the Family Fun Fair in Fort Collins. For families with children 0-8 years old.

When: Saturday, September 28, 2019 from 9:00 am to noon.

Where: Fullana Learning Center, 200 N. Grant Avenue in Fort Collins.

Cost: Free

<https://bereadylarimercounty.org/>



FREE Household Hazardous Waste Collection

City of Fort Collins will be hosting a Free Household Hazardous Waste Collection day on September 7th.

When: Saturday, September 7th from 9:00 am to 3:00 pm.

Where: City of Fort Collins Streets Facility, 625 Ninth St. in Fort Collins.

Cost: Free

<https://www.fcgov.com/utilities/residential/hazwaste>



Open Streets

Come Ride the Route on Sunday, September 29, 2019. Open Streets events are free for everyone! By closing public streets to through traffic, we create a comfortable and fun environment to ride, walk, run, scoot, roll, and play in the street.

When: Sunday, September 29, 2018 from 10:00 am to 3:00 pm.

Where: Seneca St. from W. Horsetooth Rd. to W. Harmony Rd.

Cost: Free but vendors will be available

<https://www.fcgov.com/openstreets/>



Signature Events and Promotions in Downtown Fort Collins

The Downtown Fort Collins Business Association (DBA) produces over 75 days of free and family friendly community programming, including festivals, concerts, retail promotions and award-winning special events. For a list of event please visit: <https://downtownfortcollins.com/event/downtown-sessions-concert-series/>



Sidewalk Chart Art

Pastels on 5th is a sidewalk chalk art festival that highlights one of Loveland’s most distinguished renowned arts events.

When: Saturday, September 14, 2018 from 10:00 am to 5:00 pm.

Where: 5th and Lincoln Ave. Downtown Loveland.

Cost: Free

<http://pastelson5th.org/>



CSU Library News and Events

The CSU Morgan Library has several classes, events and workshops available during the month of September, all events are free and open to the public. Please review the list of events, clases and workshops at

<https://lib.colostate.edu/about/news-events/>



Adult Mental Health First Aid

The Adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Classes are free and held September 9th and November 4th. Must register online at

<https://www.summitstonehealth.org/2018/04/30/adult-mental-health-first-aid-classes/>



Mobile Food Pantry

Everyone in need is welcome to the Mobile Food Pantry at CSU. Just bring your CSU ID & bags for transporting food. Come to the intersection of University Ave and Meldrum St. (in front of the Hartshorn building) and get up to 50 pounds of food including fruits, vegetables, dairy and baked goods.

When: September 5th, from 4:00 to 6:00 pm.

Where: West University Avenue near intramural fields.

Cost: Free to students and staff of CSU. Bring your CSU ID.



City Rebate Programs

The City of Fort Collins offers several rebate programs to qualified residents. The rebate programs for groceries, food tax and utilities runs from August 1 through October 31 each year and are designed to assist low income individuals, families, disabled individuals, and seniors who live in Fort Collins.

<https://www.fcgov.com/rebate/>



September Calendar of Events

The Poudre River Library has posted its September Calendar of Activities. Please review the following link to see the list of activities happening at the library:

<https://poudreriver.evanced.info/eventcalendar.asp>



Potato Day

Old time fun and historical activities celebrate the great and plentiful potato during the annual Potato Day celebration! The entire family will enjoy a full day of living history demonstrations, toe-tapping musical entertainment, tasty food and children’s activities. Sink your teeth into a baked potato with your choice of delicious toppings.

When: Saturday, September 14th, from 10:00 am to 4:00pm.

Where: Centennial Village Museum, 1475 A Street in Greeley, CO.

Cost: Admission is \$7

<https://greeleymuseums.com/locations/centennial-village/>



National Diabetes Prevention Program

This successful program includes information, resources and support for improving nutrition, physical activity, stress management and other activities to help you prevent diabetes.

When: Saturday, September 6th, from 11:30 am to 12:30pm.

Where: Kendall Reagan Nutrition Center, CSU 151 West Lake Street, Suite 1400.

Cost: varies, depending on your health insurance



Fort Collins Fitness Festival

Fort Collins Fitness Festival is a one day jammed pack celebration of fitness, health and wellness that brings our community together - no matter the fitness level or experience of the individual!

When: Saturday, Sep 21, 2019 – 7:30 AM - 3:00 PM

Where: Downtown Fort Collins, West Oak Street

[Map](#)

Cost: varies

<https://fitnessfestivalevents.com/>



Fort Collins Walk to Defeat ALS

Your participation in the Walk to Defeat ALS has a direct impact on people living with ALS and their families at the local level. Through education, support groups, access to care and advocacy, we are working to defeat ALS and provide hope to people living with ALS and their families.

When: Saturday, Sep 28, 2019 – 10:00am - 2:00pm

Where: City Park, Pavilion #7, 1500 West Mulberry Fort Collins, CO 80521 [Map](#)



Larimer County Farmers Market

Larimer County Farmers Market will continue to open until the end of October.

When: Saturday, Sep 7, 2019 – 9:00 AM - 1:00 PM

<http://www.larimercountyfarmersmarket.org/>

The Psychology of Money

WEDNESDAY, SEPT. 18TH

This is not your normal Psych 101! We’ll be exploring our emotions with money to discover what kind of spenders we are. From research based off the book, Dollars & Sense, we’ll delve into the weird world of our relationships with money, spending, and the social/emotional side of our finances.

12pm - Lory Student Center Room 328-30

3pm - Lory Student Center Room 304-06



Pedaling the Poudre tours

Learn about the various uses and benefits of the Cache la Poudre River. Explore this waterway by bicycle along with citizen leaders, volunteers, scientists, planners and water managers.

When: Sept. 21, 1-4pm and Sept. 22, 9am-Noon,

Where: Watson Lake parking area, 4900 Rist Canyon Rd., Bellvue.

Cost: Free

<https://www.watereducationcolorado.org/2019-pedaling-the-poudre-tours/>



Quarterly Distribution & Service Fairs

We host quarterly distribution and service fairs for children and families who are homeless or in jeopardy of becoming homeless. We distribute children's supplies and bring together about a dozen agencies to offer a wide range of services: haircuts, resource information, and more.

When: Saturday, September 14th

Where: Murphy Center for Hope, 242 Conifer Street, Fort Collins.

Cost: free

<https://www.homewardalliance.org/children-in-need/>



Managing Student Loan Debt

Explore student loan debt issues and options to deal with them. Forty-four million Americans hold more than 1.4 trillion dollars in student loan

balances, with the cost of repayment often leading to tremendous financial burden. This class will discuss options for repaying, reducing, or avoiding student loans. We'll talk about grant and scholarship options, types of student loans, refinancing & consolidating, Public Service Loan Forgiveness, and resources for more information.

When: Wednesday, September 25th

Where: 4616 S Shields St, Fort Collins - Harmony Library.

Cost: Free



Windsor Harvest Festival

The Windsor Harvest Festival takes place Labor Day weekend with the parade being held at 9:00 am, September 2nd, 2019.

When: September 2nd at 9:00 am

Where: Walnut Street to 7th Street and then south on 7th Street to EASTMAN PARK DR (Roundabout)

Cost: Free

<https://www.windsorharvestfest.com/>

Workplace English Classes (WEC)

Workplace English classes are perfect for individuals that learned English as a second language and want to improve their English at work. Sessions are free for CSU employees and are offered twice a week for 10 weeks, (20 classes). On September 10, all interested participants must attend the class, the instructor will decide if there are enough participants to warrant a Level 1 session and a Level 2 session. Classes will be held at the Durrell Center room #C.

<https://training.colostate.edu/>